



Children Are Our Specialty

Supporting Child Care Providers & Advocates in Our Community

November 2011

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CHAOS MEMBERS,

Holidays are coming and we are wrapping up our continuing education this month so that we can all enjoy the family celebrations in the next month.

Have you registered for Heartbeat yet? There is still time! It is next Saturday on the 12th of November. Jack Hartman is our keynote speaker and there will be plenty of vendors available to do some shopping. And, don't forget that your fee pays for breakfast AND lunch!

On the 17th, we will be doing our last meeting for CHAOS for this month so we hope that everyone attends. It will be at the Academy of Cosmetology, which is on Court Street in Janesville next to Dairy Queen. We have snacks available, plenty of time for socialization, a massage therapist (Laurie Fredricks of Touching Lives) doing massages and students doing beauty services. They will offer manicures, pedicures, haircuts and styles, eyebrow wax, hand wax treatments, etc. There will also be door prizes and elections will be held at this meeting as well as discussions on you personally relax and distress from your hectic days after work. How this will work is that everyone will be offered snacks, one massage and one hour service from the students. If you get a pedicure, that is an hour service. If you do an eyebrow wax, you will be able to do a second service.

CHAOS will be paying for all services for you, BUT YOU WILL BE RESPONSIBLE FOR TIPPING ALL STUDENTS AND LAURIE. Please be prepared to tip a little for your FREE service to say thank you!

January's meeting will be changed so please note this on your calendar. We will be meeting on the third THURSDAY at Blackhawk Tech instead of doing a round robin to different sites. Because of some classes being cancelled at Heartbeat, we have rescheduled some of the speakers to our CHAOS meetings instead. We will send a new calendar of trainings in the near future. We appreciate your flexibility with this change of events.

We are looking at February and March's training as well. Instead of paying for training on a Saturday in Madison, we have been offered to have another trainer do a free event for us locally. With the bad weather during that month, we need to consider all possibilities. Again, we will keep you updated on these decisions as they are made.

I will everyone a safe and pleasant holiday season with your family! Hopefully, I will see you at one of the two events scheduled for this month!

Sincerely, Leah Zastoupil, President



**This our last newsletter
until January.
Happy Holidays!**

TRAINING OPPORTUNITIES

NOVEMBER 12	HEARTBEAT OF CHILD CARE CONFERENCE BLACKHAWK TECH COLLEGE
THURS, NOV 17	PAMPER THE PROVIDER & ELECTIONS: TIME TO RELAX AND ENJOY SOME TIME TOGETHER! ALSO WE WILL BE HOLDING ELECTIONS FOR 2012. AT ACADEMY OF COSMETOLOGY 6:00-8:30 PM
THURS, JAN 19	Ethics and Confidentiality presented by Michelle Riley, Early Childhood Education Instructor, Blackhawk Technical College What are ethics anyway? In this interactive workshop, we will explore the Principles in NAEYC's Code of Ethical Conduct as they apply to ethical dilemmas, confidentiality, and the social media BLACKHAWK TECHNICAL COLLEGE 6:00-8:30 PM
SAT, FEB 18	SENSORY WORKSHOP BY 4C'S & MAKE & TAKES RESOURCE ROOM WORK TIME 4-C'S, MADISON
THURS, MARCH 15	TEACHER -LED PHYSICAL ACTIVITY IDEAS AT CARGILL 6:00-8:30 PM
THURS, APRIL 19	CARE HOUSE/CHILD ABUSE AWARENESS TRAINING CAREHOUSE, JANESVILLE 6:00-8:30 PM
MAY	PROVIDER APPRECIATION AT BLACKHAWK TECH COLLEGE DATE TO BE ANNOUNCED

Research Findings on Early Social Emotional Development

1. Nature and nurture combine to define who we are as individuals.
2. Nature has provided humans with what some scientists call early infant competencies or motivations.
3. Babies are born to connect with other humans.
4. Babies discriminate sounds of language very early.
5. Babies recognize their parents' voices.
6. Babies can match emotional voice tone to emotional facial expression.
7. Babies prefer looking at faces.
8. Babies seek physical and emotional equilibrium.
9. Babies are predisposed to signal their needs to someone who will help them survive.
10. Babies are an emotional trigger for adults.
11. Babies are born with the desire to master and explore their environment and are active participants in their own learning.
12. The infant's early brain development is designed to connect the newborn with other human beings around him who will provide care.
13. The brain grows through the experiences the infant has with the world. Parents and other important adults are that world.
14. The family's culture influences all areas of a baby's development, including the social emotional realm.
15. Many factors can affect social emotional development, including developmental delays or serious health issues with the baby, or an environment with multiple risk factors (ex. poverty, substance abuse, adult mental health issues, domestic violence)
16. The baby's communication of emotions and needs establishes the learning pathways in the brain that lead to all other physical, cognitive, and emotional learning.

From Neurons to neighborhoods: The science of early childhood development (2000); Emotional connections: How relationships guide early learning (2004). [From the WECA website](#)

Pumpkin Chocolate Chip Muffins

- 1 1/2 cups all purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/4 teaspoon freshly ground nutmeg
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, room temperature
- 1 cup granulated white sugar
- 2 large eggs
- 1 teaspoon pure vanilla extract
- 3/4 cup solid packed, canned pumpkin puree
- 1 cup semisweet chocolate chips



Preheat oven to 350 degrees. Place rack in the middle of the oven. Line 12 muffin cups with paper liners or spray each cup with a non stick vegetable spray.

In a large bowl, sift together the flour, baking soda, ground spices, and salt.

In the bowl of your electric mixer, or with a hand mixer, cream the butter and sugar until light and fluffy. Add the eggs, one at a time, beating well after each addition. Beat in the vanilla extract. Scrape down the sides of the bowl. With the mixer on low speed, alternately add the flour mixture and pumpkin puree, in three additions, beginning and ending with the flour mixture. Fold in the chocolate chips.

Fill the muffin cups evenly with the batter using two spoons or an ice cream scoop. Place in the oven and bake for about 18 -20 minutes, or until firm to the touch and a toothpick inserted in the center of one of the muffins comes out clean. Place on a wire rack to cool.

Makes 12 regular-sized muffins.

Note: The batter can be baked in a 9-inch (23 cm) loaf pan. Butter or spray the loaf pan with a non stick vegetable spray. Bake the loaf in a 350 degree F (177 degree C) oven for about 50-60 minutes or until a toothpick inserted in the center of the loaf comes out clean.

Source:

Rosen, Michael J. 'Baking from the Heart'. Broadway Books. New York: 2004.

Healthy Pumpkin Oatmeal Shake

- 1/2 cup quick oats
- 2 cups water
- 1 cup fat free milk
- 1 cup ice
- 1/2 cup pumpkin puree
- 3 tbsp brown sugar
- 1-2 tsp cinnamon
- pumpkin pie spice to taste

Cook oats and water in a small pot for about a minute or two, stirring often until it becomes thick and bubbly. **Remove** from heat and let it cool a few minutes.

In a blender **add** milk, pumpkin, sugar, cinnamon, pumpkin pie spice. **Add** oats and ice. **Blend** on high until very smooth. **Chill** in refrigerator or **pour** in a glass over ice.

Pumpkin Dump Cake

2 cans of pumpkin	Mix pumpkin, milk, cinnamon,
3 cups evaporated milk	ginger, eggs, sugar, salt and
2 tsp cinnamon	cloves together well. Pour into
1 tsp ginger	greased and floured 9x13 pan.
1 yellow cake mix	Sprinkle with (dry) cake mix,
1 cup chopped pecans	drizzle with melted butter, then
4 eggs, well beaten	sprinkle with pecans. Bake at
1 1/2 cup sugar	350 degrees for 1 hour and 20
1 tsp salt	mins.
1/2 tsp cloves	
1 stick of butter, melted	

Shane & Rembrandt *Stacy Ransom*

October Meeting Minutes

Thursday, October 20, 2011



Business Discussed

- Heartbeat Conference is November 12, 2011
- We need to make sure that we pick up our things and leave the building as we got it.

Elections will be next month

The following positions are open to anyone: President, VP, Planning, membership, Secretary, Newsletter Editor. Those that have said that they would like to hold a specific position are Leah Z, President Stacy R. for VP, Peggy H., for membership, Kathy Hoover, Secretary, Heather V. for News Editor. The Treasurer's position which is held by Lori L. right now is chosen by the board. Voting will be done in Nov. If you wish to be considered for a position, contact Leah Z.

Training

- Janet Zoellner from The Rock County Healthy Dept. "Healthy Kids"
- Viruses can't be treated with antibiotic. They usually are caused by sneezing and coughing.
- Fungus, for example ring worm, can be treated.
- Way to prevent illnesses: wash hands and immunize.
- It is common for a baby to have 11-12 colds a year.
- WI does have an immunization registry that lists all children who have had shots
- To help treat lice, you can use real mayo and then put a shower cap on head.
- Best thing for sanitizing is bleach water.

To reduce germs:

- Wear gloves only when necessary.
- Gloves do no good if you don't wash hands.
- Wash hands with soap and water for 20 seconds.

Exclusion:

- Behavior change/fever
- Diarrhea not attributed to anything (olive green in color)
- Blood in stool
- Mouth sores with drooling
- Have your policies in effect for parents



Door prizes were given at the end of the training. Healthy treats were brought by various people.

Kathy Hoover
CHAOS Secretary

Turkey Crafts



[From Tom Copeland's Blog Taking Care of Business](#)

There have been a number of significant tax changes this year that affect family child care providers. All of them are beneficial and they will help reduce your taxes.

For details, see my [2011 Family Child Care Tax Workbook and Organizer](#).

* The standard meal allowance rate for 2011 for the 48 states is: \$1.19 breakfast, \$2.22 lunch/supper and \$.66 snack. The 2011 rate for Alaska is \$1.89 breakfast, \$3.60 lunch/supper and \$1.07 snack. The 2011 rate for Hawaii is \$1.38 breakfast, \$2.60 lunch/supper and \$.77 snack. The [rates for 2012](#) for all states increased by over 4%.

* The [standard mileage rate](#) for January - June is \$.51 per business mile and \$.555 for July - December.

* A new [100% bonus depreciation rule](#) allows you to deduct (rather than depreciate) the entire business portion of the following new items in 2011: furniture, appliances, office equipment, and fences. Homes and home improvements are not eligible for this rule.

* The [Social Security tax rate](#) on your business profit has dropped 2% to 13.3%.

* If you have improperly treated assistants as independent contractors, the IRS will offer relief from an IRS audit, if you apply for the [Voluntary Classification Settlement Program](#).

* Retirement plan contribution limits for 2011: [Regular](#) or [Roth IRA](#) \$5,000 (plus \$1,000 if age 50 or older); [SIMPLE IRA](#) \$11,500 (plus \$2,500 if age 50 or older); [SEP IRA](#) 18.58% of profit.

* [Saver's Tax Credit](#) eligibility limits: \$56,500 married filing jointly; \$28,250 single.

* The [federal unemployment tax rate](#) has dropped to .6% after June 30, 2011.

CHAOS Newsletter
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We're on the Web!

See us at:

www.childrenareourspecialty.org



**NEXT CHAOS MEETING: PAMPER THE PROVIDER & ELECTIONS: TIME TO RELAX AND ENJOY SOME TIME TOGETHER! ALSO WE WILL BE HOLDING ELECTIONS FOR 2012.
AT ACADEMY OF COSMETOLOGY 6:00-8:30 PM**